

Thursday 5 Oct	Friday 6 Oct	Saturday 7 Oct	Sunday 8 Oct							
<p><b>0900 - 1700</b></p> <p><b>Assessor Training Workshop</b> (for new Assessors)</p> <p>Upstairs Conference Room</p>	<p><b>0800 - 0900</b> Assessor Registration Open</p> <p><b>0900 - 1700</b> <b>Assessor Conference</b>  Upstairs Conference Room</p>	<p><b>0700</b> Breakfast (&amp; make packed lunch)</p>		<p><b>0700</b> Breakfast (&amp; make packed lunch) <b>Clean up if not returning</b></p>						
		<p><b>0730 Safety Briefing - Sat Full Day Assessors</b></p>		<p><b>0730 Safety Briefing – Sun Full Day Assessors</b></p>						
		<p style="text-align: center;"><b>Full Day Workshops 8am – 5pm</b></p>		<p style="text-align: center;"><b>Full Day Workshops 8am – 5pm</b></p>						
	<p><b>Refresher Workshops &amp; RCC Assessments</b></p> <p>Bush Leader (Jo Thompson)</p> <p>Bush 1 (Andy Thompson)</p> <p>Bush 2 (Callum Findlay)</p> <p>Canoe 1 (Shanan Miles)</p> <p>Canyon 2 (Toine Houtenbos)</p> <p>MTB 1 (Chris Mildon)</p> <p>MSK &amp; MSKE (Bob McLachlan)</p> <p>Rock 1 &amp; RCC (Gregg Beisly)</p> <p>SCE (Dave Moore)</p>		<p><b>Professional Development Workshops</b></p> <p>Advancing Sea Kayak rescue practice (Curtis Vermeulen)</p> <p>Unlocking cornering progressions in MTB (Alistair Matthew)</p> <p>“Beyond 3 points of contact” – Intermediate Rock Climbing Movement Skills (Sash Nukada)</p> <p>Fire as a Teaching tool (Mark Jones)</p>		<p><b>Refresher Workshops &amp; RCC Assessments</b></p> <p>Abseil Leader (am) Rock Leader (pm) &amp; Rock 1 (Tim Bartholomew)</p> <p>Alpine 1 &amp; 2 (Gregg Beisly)</p> <p>Bush 1 RW &amp; RCC (Gemma Parkin)</p> <p>Cave 1 (Kieran McKay)</p> <p>Kayak 1 (Keith Riley, Dave Moore)</p> <p>Rock 1 RW &amp; RCC, &amp; SCE (Jo Thompson)</p> <p>Rock 2 &amp; SCE (Sam Russek)</p> <p>Sea Kayak Guide, 1 &amp; 2 (Andy Thompson)</p>		<p><b>Professional Development Workshops</b></p> <p>Untangling the teaching of Rock Rescues (Loz Ogle)</p> <p>Building a foundation and cross current momentum in a kayak (Tim Shaw)</p> <p>Traction control and dynamic movement on your bike (Chris Mildon)</p>			
	<p style="text-align: center;"><b>Symposium Start</b></p>		<p style="text-align: center;"><b>Half Day Professional Development Workshops</b></p>		<p style="text-align: center;"><b>Half Day Professional Development Workshops</b></p>					
	<p><b>1600 - 1700</b> Registration Open</p>		<p><b>AM</b></p> <p><b>0800 – 1200 ‘Same Activity, Different Outcome’</b> (Peter Ross &amp; Joseph Scott, Adventure Specialties)</p> <p><b>0800 – 1200 Fatality Prevention Mindset</b> (Chris North, Canterbury University)</p>		<p><b>AM</b></p> <p><b>0830 - 1200</b> Connecting with the Ngāhere (Diana Johnston)</p> <p><b>0800 – 1200 Why did the Octopus cross the reef? To get to the other tide! Te Wheke: Using this Māori Health Framework in Adventure Therapy with Adults</b> (Anneke Beardsley &amp; April Heath, Adventure Specialties)</p> <p><b>0900 – 1200</b> Building the fourth wall (Jeff Lappin &amp; Paul Humphreys)</p> <p><b>0830 – 1200 Cultural safety and how to embed bicultural practices in the outdoors</b> (Matua Mike Elkington &amp; Whaea Lara Hania, Whenua Iti Outdoors)</p>		<p><b>Clean up Depart</b></p>			
	<p><b>1730 Welcome</b></p>		<p><b>Session A</b></p> <p><b>0800 - 1030 Happenings in the school space</b> (Sophie Hoskins, EONZ)</p>		<p><b>Session B</b></p> <p><b>1100 – 1200 Mātauranga Māori</b> (Sophie Hoskins, EONZ)</p>		<p><b>Session A</b></p> <p><b>1300 – 1430 Disability Inclusion in Outdoor Recreation</b> (Chloe Bishop, Sport NZ)</p>		<p><b>Session B</b></p> <p><b>1530 - 1700 "Get Out(side) the Vote: Advocacy and Government Relations for Outdoors Sector"</b> (Sam Newton, RA)</p> <p><b>1530 - 1700 Authentic Youth Engagement</b> (Chloe Bishop, Sport NZ)</p>	
	<p><b>1830</b> Dinner (For New Assessors)</p>		<p><b>1800 – 1900 AGM</b></p>							
	<p><b>1930 - 2100</b> Registration Open</p>		<p><b>1900 Excellence Awards dinner</b></p>							

# Saturday | 7 Oct – Professional Development Workshop Descriptions

## SAT - FULL DAY

### **Advancing Sea Kayak rescue practice**

Curtis Vermeulen | Sea Kayak 2. NZOIA Assessor.

What's beyond the paddle float and straddle rescue? How does one re-enter and roll? How can I extract someone from close to rocks after they've swum. If you are exploring those questions and want guidance and an opportunity to train your advanced rescues, this is for you! Prerequisites: If you are aiming for Sea Kayak 1 or 2? Can you roll? Want that gold nugget to continue your progression? If yes to those questions you will fit in fantastic. Please bring suitable clothing and dry equipment for sea kayaking, including cold water immersion (often!) Drysuit, drytop, wetsuits and loads of thermals. Sea kayaks, long tow lines, paddle, spray deck, helmet can be supplied by Ara Institute of Canterbury or you can bring your own.

### **Unlocking cornering progressions in MTB**

Alistair Matthew | Gravity Nelson | MTB 2. NZOIA Assessor.

A journey through the progression process for a lifetime of improving cornering technique for you and your coaching clients. From passenger to pilot: body position plus pumping - drills, demos, and frameworks to help your coaching clients "click" about active body position on the mountain bike. Drops, one technique to rule them all - a reductionist approach to teaching drops techniques by focusing on the simplest possible approach to drops. This workshop will take place at the Christchurch Adventure Park. Once we arrive at CAP we will quickly head up the gondy to gain rapid access to specific trails for each session, working through each topic on specific sample bits of terrain before riding back down the park to apply the techniques learned. Participants should be prepared for an intensive day maximising the vert the park gives us. Prerequisites: You need to be comfortable on Grade 4 riding. **There will be an additional \$40 cost for this workshop to contribute towards a day pass.** You will need a good quality mountain bike, helmet and knee pads. Full face helmets or chin bar style helmets recommended. There is the option to hire a mountain bike for \$50 extra.

### **"Beyond 3 points of contact" – Intermediate Rock Climbing Movement Skills**

Sash Nukada | NZOIA Rock 2 & Assessor

Want to sit Rock 2 but put off by the grade 20 trad lead? Want to lead grade 20 trad with style and grace? Want to make rock climbing even more fun than it already is? Sick of injuries stopping you from progressing to the next level? Do you want to teach beginner and intermediate climbing technique? (Intermediate being grade 16-21). Then this is the workshop for you!! Learn about movement skills for rock climbing to take you (and your students) to the next level. Intermediate climbing ability required (able to sport lead grade 16-18). Please bring your climbing shoes, chalk bag, harness, quick draws, helmet and belay gear.

### **Fire as a Teaching tool**

Mark Jones | NZOIA Bush 2. NZOIA Assessor.

There are three elements that relate to fire-lighting in the NZOIA Bush 1 syllabus and 2 in the Bush 2 syllabus. This workshop will develop these competencies but also impart why fire is a valuable tool to have in your teaching tool kit. A range of activities for using fire as a teaching medium will be covered. Flint and steel and fire by friction methods will be experienced as part of this workshop. A key use of fire is to cook and the afternoon will explore student friendly cooking techniques using fire. Useful bush may be covered later in the day if there is time and interest.

## SAT – AM

### **Same Activity, Different Outcome - 0800 – 1200**

Peter Ross | Adventure Specialties | NZOIA Bush, Rock & Sea Kayak 1

Joseph Scott | Adventure Specialties | NZOIA Bush 1

Come and learn / share ideas about how we can facilitate an activity (maybe one we do all the time) towards different outcomes. Hopefully these ideas will be transferable to other activities and help keep old things new! Bring a notebook and pen.

### **Fatality Prevention Mindset - 0800 – 1200**

Chris North | EONZ | Canterbury University | NZOIA Bush 1 & Rock 2

Fatality Prevention requires outdoor educators to distinguish between situations where a poor decision could be relatively minor and those in which it could be deadly. It fundamentally changes the way we think and make decisions in the field (Morse et al., 2021). After introducing the Fatality Prevention Mindset, we form break-out groups to analyse examples of fatalities in Aotearoa. This workshop is appropriate for organisational leaders, senior instructors through to beginning instructors. It is relevant for a whole organisation approach to fatality prevention.

### **Session A:**

#### **Happenings in the school space** Sophie Hoskins, EONZ) - 0800-1030

Sophie Hoskins | Education Outdoors NZ (EONZ) | NZOIA Kayak & Rock 1

A tour through the work of EONZ, discussing the workings of schools and the future we would like to see for outdoor education. At look at some key resources to support the work of educators/instructors and discussing how EONZ and NZIOA could work together to support outdoor education.

### **Session B:**

#### **Mātauranga Māori considerations within an outdoor education context** - 1100 - 1200

Sophie Hoskins | Education Outdoors NZ (EONZ) | NZOIA Kayak & Rock 1

Mana ōrite mo te mātauranga Māori - Equal status for Māori knowledge, is one of the 7 key changes currently happening in Secondary Education. If you would like some ideas of how you can engage with Mātauranga Māori within an Outdoor Education context then come along and hear about these considerations that have been put together by a group of Outdoor Education Secondary teachers. This is not specifically for teachers, it is for anyone who would like ideas on how to bring more mātauranga Māori into their mahi.

## SAT – PM

### **Canoe Rescue Skills - 1300– 1700**

Shanan Miles | NZOIA Canoe Assessor

A focus on canoe specific rescue skills on the river, boat based and bank based scenarios. Whether you are have no experience or are an aspiring Canoe instructor, this course is for you! Must be water confident, time in canoes/kayaks/rivers advantageous. You will be getting wet, and the water will be cold! Wear a wetsuit or polypro and dry top and suitable footwear. Canoe gear provided.

### **The role of nature in supporting wellbeing** - 1300– 1600

Amy Horn | Adventure Specialties | Diploma in Outdoor Recreation Leadership. Masters in Counselling.

As we all know – Nature is great for supporting wellbeing and good mental health! This workshop will explore some ways that we can intentionally bring nature into our programmes in a way that supports wellbeing. The basis for this workshop will come from Amy's 2021 counselling thesis topic of 'The role of nature in nature-based therapy'. Come expecting to try some different ideas and hopefully walk away with a few more more tools in your kete.

### **Session A:**

#### **Disability Inclusion in Outdoor Recreation** - 1300 – 1430

Chloe Bishop | Sport NZ | Active Recreation Consultant

This workshop will include an overview of Whenua Iti Outdoors' Disability inclusion project, a partnership with the Halberg Foundation and Sport NZ. We'll delve into the key learnings from the project, as well as share practical advice, interactive games and activities to showcase how you could think about creating more inclusive opportunities for rangatahi. The workshop will include a range of listening, interactive activities and reflection.

## Session B:

### **Authentic Youth Engagement - 1530 - 1700**

Chloe Bishop | Sport NZ | Active Recreation Consultant

As we develop active recreation programmes and initiatives, to meet the needs of rangatahi, it's essential that we listen to young voices. In this workshop, we'll share insights into the active recreation interests of rangatahi (young people 12-18), present the 'spectrum' of youth engagement, impart the principles of positive youth development and share tools and resources to help you and your organisation reflect on how you engage with young people. The workshop will include a range of listening, interactive activities and reflection.

### **Get Out(side) the Vote: Advocacy and Government Relations for Outdoors Sector - 1530 - 1700**

Sam Newton | Recreation Aotearoa | Advocacy Manager

The Advocacy and Government Relations that is carried out on behalf of the Outdoors. How you can help and how your concerns can be acted on.

## Sunday | 8 Oct - Professional Development Workshop Descriptions

### **SUN – FULL DAY**

#### **Untangling the teaching of Rock Rescues**

Loz Ogle | Basecamp Adventures | NZOIA Rock 2. NZOIA Assessor.

Rescue! Rope Rescue practice is the ultimate for gear "enthusiast" Microtractions, spocs, prussic using mechanical advantage... We will get to that but, let's start with the basics how to unjam a belay device (is this really a rescue? But what's the best way to teach it?) This is aimed at people who teach Leader level and above, but anyone with basic climbing skills can attend. Bring your own harness, helmet, climbing shoes and what ever you would usually take climbing or instructing climbing.

#### **Building a foundation and cross current momentum in a kayak**

Tim Shaw | Peel Forest Outdoor Centre | Kayak 2. NZOIA Assessor.

Building a foundation - sweeps and power strokes. Cross Current Momentum – we all use it, let's teach it – Teaching Cross Current Momentum from beginner to expert. We will look at both improving personal skills while looking at progressions we can use with our students and clients. You will need to be competent on Class 2 whitewater. Having a roll an advantage. Bring gear for a day of whitewater kayaking – creek boat or river runner.

#### **Traction control and dynamic movement on your bike**

Chris Mildon | NZOIA MTB 2. NZOIA Assessor

Traction control and management - how this links everything together. Dynamic movement on the bike - it's the result we want, but how to make it happen? Participants need to be comfortable on their own bike and happy riding trails, and pretty solid with good body position. You will need your own mountain bike and normal riding gear, including the shoes and pedals your normally use.

### **SUN – AM**

#### **Connecting with the Ngāhere - 0830 - 1200**

Diana Johnston | Bush Farm Education | NZOIA Bush & Rock 1

Understanding the bush and its diversity can create strong connections for people with te taiao/the natural world. Come along to learn about the wonders of plants, telling pūrākau, and how using knives and fire (conditions permitting) can add value to your bush programmes. This workshop is aimed at those heading towards Bush Leader, Bush 1, or wanting to extend their bush knowledge. Wear clothing appropriate for a half day out in the bush. Bring a sharp knife (with either a fixed or locking blade), and flint and steel, if you have either of these. If you have any bush resources/activities that you would love to share with others bring them along.

#### **Why did the Octopus cross the reef? To get to the other tide! Te Wheke: Using this Māori Health Framework in Adventure Therapy with Adults - 0800 - 1200**

Anneke Beardsley | Adventure Specialties | Masters of Social Work, Adventure Therapy Clinician

April Heath | Adventure Specialties | Bachelor of Education, MTB 1, Bush 1, Adventure Therapy Instructor/Facilitator, Ngai Tahu | NZOIA Bush & MTB 1

Come along to learn another tool for planning and facilitating Adventure Therapy Sessions. This workshop is on Te Wheke, a Maori health framework, written by Dr Rose Pere. We will share our experiences and ideas on using this framework for our Adventure Therapy group work with adults who are coping with depression, anxiety, stress, burn out, or other mental health challenges.

Part one will involve a short visual powerpoint presentation and content.

Part two will include a practical element with some group work to practice planning an Adventure Therapy session utilising the Te Wheke framework.

Part three will include a bush hikoi to experience and try out how this works and feels as both a participant and facilitator.

You will need comfortable shoes and clothing appropriate for a short bush walk.

#### **Building the fourth wall - 0900 - 1200**

Jeff Lappin | Adventure Specialties | Degree in Education, Diploma in Theology | NZOIA Bush & Rock 1

Paul Humphreys | Scripture Union | Degree in Parks and Recreation | NZOIA Bush & MTB 1

Why do we do what we do? What is it that inspires us, floats our boat, excites us, gets us out of bed in the morning, and why do we think that it's so great that we want others to experience it as well?

We might believe that outdoor experiences challenge us, change us, inspire us, refresh us, but what part of us is it that is so captivated by the notion of adventure?

Using the Te Whare Tapa Wha model of hauora we'll be looking at Taha Wairua, the spiritual wall of our whare.

#### **Cultural safety and how to embed bicultural practices in the outdoors**

Whaea Lara Hania | Whenua Iti Outdoors | Master of Education, Diploma of Teaching, Te Ara Reo, He Papa Tikanga, Mauri Ora

Matua Mike Elkington | Whenua Iti Outdoors | Ngāti Koata, Ngāti Kuia, Ngāti Toa Rangatira

Enhancing Cultural Competencies and Confidence in Aotearoa

Enjoy connecting in a responsive, relationship-based learning environment connected to effective engagement in the outdoors. This workshop is designed to nurture understandings, enhance skill-sets, and increase comfort and commitment in working alongside tamariki and rangatahi in Aotearoa and in the outdoors. Engage in strength-based approaches which evolve appreciation for te reo Māori (Māori language) and understandings of tikanga Māori (cultural protocols). Develop increased awareness of Te Ao Maori and Te Taiao, as a context for empathetic and equitable practice. Explore values and approaches which nourish authentic application of Te Tiriti o Waitangi into our personal and professional lives. Experience and share top tips for mana-enhancing best practice. Get to know each other better and have fun! Come with an open-mind and a willingness to share, learn and grow together.